



*We see a world
that works for everyone.*

Bulletin for Sunday, August 15, 2021

Today's Topic and Speaker: "A Playful Pause," Dr. Edward Viljoen

This Month's Theme: "A Pause for Guidance"

Affirmation for August: I take time daily to pause in the stillness and listen for inner guidance. I embrace my lighthearted and playful nature. I re-emerge open and refreshed.

Recommended Reading: *Meditations for Daily Use* by Ernest Holmes;
Self-Care Check-In: A Guided Journal to Build Healthy Habits... by GG Renee Hill

Sunday Service Times

We offer two identical, in-person services at the Center. One is at 9 am; the other is at 11 am. Open seating. No reservations required. Children can sit with accompanying adults. Only the 9 am service is broadcast live and recorded for rebroadcast. Social hour and bookstore hours are from 10 to 11 am.

Where to Watch Sunday Service from Home

You can watch our 9 am service live from your smartphone, tablet, or computer. (Around 10 am, you can watch a recording of the 9 am service at any time thereafter.)

- On our website: <https://cslsr.org/sunday-service-broadcast/> Live at 9 am and available afterwards in our online video archive: <https://cslsr.org/category/videos/>
- On our new YouTube channel: <https://www.youtube.com/cslsr>
- On Facebook: https://www.facebook.com/centerforspirituallivingsantarosa/live_videos

Free Personal Prayer

Connect on Zoom with a licensed practitioner on Sunday at 10 am or 12 noon for a free, confidential one-on-one prayer. The Zoom link is www.cslsr.org/zoom-prayer.

Spiritual Coaching

If you have benefited from the free five-minute prayer sessions on Sunday, give yourself the gift of a full, confidential fee-for-service practitioner session via phone, Zoom, FaceTime, etc. Your practitioner supports you by clarifying with you your next step in spiritual growth and applying affirmative prayer (spiritual mind treatment) to make it so. Contact a prayer practitioner through the online practitioner directory at <https://cslsr.org/members/practitioners/>

Art Show and Social Hour

Enjoy our new social hour from 10 to 11 am in the Social Hall. There are tables and chairs in a new, friendly configuration. On the walls you will see an installation of photographs by congregant Ed Storck depicting a variety of interesting subjects.

What a Lineup!

Register Now for Fall Classes

| | Class Title | Teacher(s) | Days | Time |
|---|---|--|------------------------------|------------------|
| S | Life Goes on: The Wisdom of Howard Thurman | Rev. Tara Steele, Lawrence Edwards, RScP | 4 Tuesdays 9/14 – 10/5 | 3:30 – 5:30 pm |
| S | Consciousness: Key to Personal Growth | Rev. Tara Steele | 9 Mondays 9/13- 11/8 | 11:30 am-1:30 pm |
| S | Ladder of Consciousness: Building Your Relationship with the Divine | Rev. Siota Belle | 4 Saturdays 10/30 – 11/20 | 9:30 – 11:30 am |
| S | Beginners Mind and Spiritual Study | Dr. Kim Kaiser | 4 Tuesdays 10/26 – 11/16 | 6:30 – 8:30 pm |
| S | Your Authentic and Innate Goodness | Dr. Edward Viljoen | 3 Tuesdays 11/2 – 11/16 | 8:30 – 10:00 am |
| C | The Creative Process in the Individual | Tom Nilsson, RScP | 8 Thursdays 9/23 – 11/11 | 6:30 – 9:30 pm |
| C | The Essential Ernest Holmes | Rev. Ruth Barnhart | 10 Mondays 9/13 – 11/15 | 6:30 – 9:30 pm |
| C | Self-Mastery | Rev. Russ Legear | 10 Tuesdays 9/7 – 11/9 | 6:00 – 9:00 pm |

S = Spiritual Enrichment Course; C = Core Class

Early Bird discount pricing ends Sunday, September 5. See course descriptions and complete information here: <https://cslsr.org/class-schedule/>

Staff Opening

Education Ministry Coordinator Linda Almeida is retiring, and we thank her for her dedicated service to our Center. We are looking for someone to replace Linda in this part-time position. Please contact Chandra Farnsworth at chandraf@comcast.net for more information and an application form.

New Member Class

Join Dr. Edward from 1 to 2:30 pm next Sunday, August 22, for a free class to help you decide if membership in the Center is right for you. Go here for details: <https://cslsr.org/new-member-class/>

Contacts for Spiritual Support

- For grief support, call Rev. Siota Belle at (707) 546-4543, ext. 106.
- To have someone pray with you, call our Telephone Prayer Ministry, (707) 546-4561. Leave your name and number; someone will call you within the hour.
- To hear an inspirational message and prayer, call Dial-a-Thought, (707) 546-4543, ext. 300.
- To request hospital or home telephone visits, call Heart in Hand, (707) 546-4543, ext. 370.
- For additional spiritual support, click on "Resources" at the top of our homepage, www.cslsr.org.
- To have a one-on-one appointment with a prayer practitioner for coaching and prayer, go to <https://cslsr.org/members/practitioners/> and contact the practitioner of your choice. Fees apply.

Love Your Center: Volunteer

As we return to our spiritual home on Occidental Road, there are a number of volunteer opportunities opening up, both inside and outside, on Sunday and during the week. For details, and to find an opportunity that is a perfect fit for you, go here:

<https://cslsr.org/love-your-center-and-volunteer/>

Online Resources

AFFIRMATIVE PRAYER LIBRARY

Read a prayer on a subject of your choice. You can search the prayers by subjects such as Health, Peace, Grief and Loss, Abundance, and more. The link to the prayer library is

<https://affirmativeprayerlibrary.blogspot.com/>

ONLINE PRAYER REQUESTS

Use our website to submit a prayer request for our practitioners to pray on. The link to the prayer request form is <https://cslsr.org/online-prayer-request/>

Our Nonprofit Partner Program

Each year the Center selects twelve nonprofit partners from nominations submitted by individuals in our spiritual community. Each month we feature one of them. For August, it is Transcendence Theatre Company, providing year-round education programs sharing the joy of theatre with youth in the Bay Area and around the world. www.transcendencetheatre.org.

To learn more about our nonprofit partner program and to see a list of all 12 partners for 2021, go here: <https://cslsr.org/our-nonprofit-partners/>

Nominate a Nonprofit Partner for 2022

Have you had a personal experience with a nonprofit organization whose work is in alignment with Science of Mind principles? Please consider nominating it to be one of our nonprofit partners for 2022. While we welcome all nominations, we are especially interested in receiving nominations of organizations that promote conservation, environmental solutions, and climate wellness. Here is the link to the nomination form: <https://cslsr.org/nominate-a-2022-nonprofit-partner/>

Weekly Youth and Family Blog

Except in August, Youth and Family Support Coordinator Susan Robinson creates a weekly blog full of ideas and activities aligned with our monthly themes and weekly topics. You will find projects, games, and discussion questions, along with links to videos of music and even children's books being read aloud. Go to <https://youthandfamilyministry.blogspot.com/>

Stepping Stones Books and Gifts

We are open on Sundays from 10 to 11 am. We also offer online sales of our products, including books of the month, books by Ernest Holmes and Edward Viljoen, and class textbooks. We process orders every Tuesday with two delivery options (1) U.S. Postal Service and (2) Curbside pickup following guidelines for social distancing. Call us at (707) 546-4543, ext.108 or visit us online at <https://steppingstones-books-and-gifts.myshopify.com/>

Daily and Weekly Gatherings

DAILY PRACTICE: GENERATING LOVE

Every week, Monday through Friday, from 10 to 10:25 am. The Zoom link is <https://tinyurl.com/GeneratingLove> You can use a video of this meditation practice on your own at any time: <https://vimeo.com/489089737>

SUNDAY EVENING CONVERSATIONS

Tonight at 7 pm. Facilitator Krista McAtee's topic is "Listening to Spirit." To learn more, visit our blog at <https://sundayeveningsatthecenter.blogspot.com/>.
The Zoom link to our weekly gathering is <https://cslsr.org/zoom-SEC>

LIFE VISIONING CIRCLE

Every Monday from 12:15 to 1 pm on Zoom, we practice consciously opening to the still small voice within. Facilitators are Antonio Aversano, Rev. Joyce Duffala, Rev. Siota Belle, and Rev. Tara Steele. The Zoom link is <https://tinyurl.com/MondayVisioningCircle> . Everyone is welcome.

SCIENCE OF MIND/12-STEP GROUP

We meet every Tuesday from 7 to 8 pm on Zoom. Everyone is invited. The link is <https://zoom.us/j/94490286131>

GENTLE YOGA

Instructor William Abel leads a weekly gentle yoga class on Wednesdays from 9 to 10 am. Suggested donation is \$10 per class, payable on our website's Donate tab where you can use either a credit card or PayPal. Details are on our website: <https://cslsr.org/event/gentle-yoga/all/>

WEDNESDAY EVENING MEDITATION, "INVITING THE SACRED"

Every Wednesday, at 6 pm, Rev. Siota Belle leads a weekly guided meditation. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

SATURDAY MORNING MEDITATION

Zoom in to the weekly Saturday Meditation Group at 10 am to strengthen your meditation practice. The link is <https://tinyurl.com/SatMeditationGp>

Social Media

Facebook Group: <https://www.facebook.com/groups/centerforspirituallivingsantarosa> Facebook

Page: <https://www.facebook.com/centerforspirituallivingsantarosa>

Instagram: <https://www.instagram.com/cslsantarosa/>

Twitter: <https://twitter.com/CSLSantaRosa>

Our Online Blogs

Being and Belonging Group: <https://cslsrbeingandbelonging.blogspot.com>

Dr. Edward's Blog: <https://edblogword.blogspot.com/>

En Español: <https://enespanolcslsr.blogspot.com/>

New Life Celebrations: <https://cslsrlifecelebrations.blogspot.com/>

New Thought Resources: <http://newthoughtresources.blogspot.com/>

Remembrance Pages: <https://communityremembrancepages.blogspot.com/>

Spiritual Leader Blog: <https://cslspiritualleader.blogspot.com/>

Sunday Evening Conversations: <https://sundayeveningsatthecenter.blogspot.com/>

Volunteer Blog: <http://cslsr.blogspot.com/>

Wednesday Night Wisdom: <https://wednesdayeveningsatthecenter.blogspot.com/>

Youth and Family Ministry: <https://youthandfamilyministry.blogspot.com/>

We Love Our Volunteers

Visit our volunteer blog and celebrate the individuals working behind the scenes to “make it all happen.” <http://cslsr.blogspot.com/>

Cancer Support Group

The Cancer Thrivers is a mutual support group for those actively dealing with cancer. It's a warm and caring group for anyone wanting to partner with Spirit as they progress along the cancer path. We apply Science of Mind concepts with the intention that we can not only survive but thrive. Contact Kathy Galvin, RScP, kgWrites@comcast.net for further information.

Monthly Meetings

SPIRIT SISTERS WOMEN'S GROUP

Today, August 15, from 2:30 to 4 pm. Open to women of Santa Rosa and San Jose Centers for Spiritual Living. Facilitated by ministerial interns Lynda Lundry and Donna Starr on the third Sunday of the month. The Zoom link is <https://tinyurl.com/SpiritSistersgathering>

THE THIRD ACT

Monday, August 23, from 1:30 to 2:30 pm. The Third Act gives the seniors in our community an opportunity to share their ideas, joys, and concerns and to go deeper in our spiritual journey. Rev. Joyce Kinzel is the facilitator. We meet on the fourth Monday of the month. The new Zoom link <https://cslsr.org/zoom-TheThirdAct/>

BOARD OF TRUSTEES

Thursday, August 26, at 5:30 pm. Our board of trustees meets on the fourth Thursday of the month. Except for executive sessions, the meetings are open to the public. During this time of sheltering in place, the meetings are held on Zoom. Here is the link: <https://us02web.zoom.us/j/82409732515>

WORLD PEACE MEDITATION

Tuesday, August 31, at 7 pm. Since 1986, a group of committed people has been meeting on the last calendar day of every month to pray and meditate together with a focus on world peace. All are welcome. For more information, please contact Vivian Strand, RScP, at (707) 953-1917. The Zoom link is <https://tinyurl.com/World-Peace-Meditation>

WEDNESDAY NIGHT LIVE

Wednesday, September 1, at 7 pm. On the first Wednesday of each month, we host a guest presenter and provide time for questions and answers after the presentation. The Zoom link is <http://cslsr.org/Zoom-FirstWednesday>

FULL CIRCLE: CONVERSATIONS ABOUT DEATH & DYING

Sunday, September 5, from 1 to 2:30 pm. We meet on the first Sunday of the month for education, spiritual support, conversation, and resources about death and dying. Everyone is welcome. The Zoom link is <https://tinyurl.com/SundayFullCircle>

BEING AND BELONGING DISCUSSION GROUP

Returns Sunday, September 12. The Zoom link is <https://tinyurl.com/BBGDiscussion>. You are also invited to visit our blog. See the hyperlink on page 4.